

Health & Fitness Technology

Toms River Center

2 Year Program

Helene Crist

This course introduces students to the fields of fitness, personal training, nutrition and physical rehabilitative therapy through preparation as an entry-level personal trainer, fitness technician or group fitness instructor.

Related Job Titles

Personal Trainer	Recreation Aide
Group Fitness Instructor	Floor Trainer
Recreation Assistant	Recreation Trainee

Skills You Will Learn

- Assess health status and current fitness level
- Demonstrate resistance training and flexibility
- Teach exercise techniques and lifestyle behavior change for lifelong fitness and sports
- Teach and demonstrate group fitness exercises used to attain cardiovascular fitness
- Perform minor maintenance on equipment

Preferred Skills for Career Field:

You should prefer:

- Activities of a humanitarian nature
- Working with little direct supervision
- Dealing directly with people

You should be able to:

- Plan, direct and control the activities of others
- Make evaluations based on measurable criteria
- Work in cooperation with others
- Maintain good health
- Be physically fit

Career Ladder

Workers in this field usually begin as assistants to learn basic skills and to gain experience. They can then advance to a management position offering a higher salary.

Continuing Education

An associate's degree in physical fitness is normally desired to enter this field, but not required. Students may desire to obtain additional certifications and/or college.

Certification as a Personal Trainer with CPR certification is typically required to enter this field.

A Tech Prep agreement is in place with Ocean County College, enabling students to receive up to five college credits upon successful completion of the course.